

**Family fun night**

Parents, children enjoy activities, entertainment

Page 11

Fort Riley Post

**Parks offer outlet**

Venues available in local areas

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Friday, May 6, 2005

America's Warfighting Center

Vol. 48, No. 18

50th Soldier dies in Iraq

Staff report



Spc. David L. Rice

Spc. David L. Rice, 22, of Sioux City, Iowa, died April 26 in Balad, Iraq, from injuries sustained in Muqadadiyah, Iraq when the vehicle he was traveling in rolled over.

Rice was a fire support specialist with Headquarters and Headquarters Battery, 1st Battalion, 5th Field Artillery, 1st Brigade, 1st Infantry Division. He was attached to the 2nd Battalion, 34th Armor, 1st Bde., 1st Inf. Div.

He enlisted into the Army as part of the delayed entry program and became an active duty Soldier in June 2001.

Rice had been stationed at Fort Riley since March 2004. The incident is under investigation.

Around The Army**Dept. of Army:**

The Department of the Army's Web site reported that a new lightweight 155mm howitzer will soon be ready for Soldiers and Marines.

The new weapon, the M-777A1, will be the artillery system for the Army's Stryker Brigade Combat Teams.

As the first ground combat system to make extensive use of titanium in its major structures to trim weight, the M777A1 is 7,000 pounds lighter than the howitzer it replaces.

The weight reduction improves transportability and mobility without impacting range or accuracy, and the system is compatible with the entire family of 155mm ammunition.

Fort Knox:

The Turret reported May 5 that frisbees, soccer balls and footballs won't be seen on Brooks Field anymore after the Fort Knox Garrison Command last week placed the field off-limits for physical training and organized sports.

"Brooks Field is off-limits for organized sports or PT, to include the PT test," explained Garrison Command Sgt. Maj. Gary Davis.

Additionally, Fifth Avenue is no longer open for unit-level or individual running, Davis said.

Germany:

The European Stars and Stripes reported May 5 that when the starter yells "go," the athletes bolt off the line, rapidly extending their speed and the smiles on their faces.

By the time they cross the finish line, their ear-to-ear grins spread to the faces of the volunteers, parents and friends surrounding them.

Such was the case with the sprints at the 22nd annual Special Olympics held at the German police academy in Enkenbach-Alsenborn.

More than 800 athletes and 1,500 volunteers attended this year's games, which ranged from track and field to basketball.

3rd Brigade goes after insurgents

By Kevin Bromley
100th MPAD

TAJI, Iraq — The 3rd Brigade, 1st Armored Division's mission was "simple" — ferret out any and all insurgents in the western region of their area of operations.

"This area harbors terrorists who think they can operate with

impunity and we are going to show them they cannot," said Col. David Bishop, 3rd Bde. commander.

"Our mission will leave no dwelling, vehicle, or hiding place unsearched," Bishop said.

According to Bishop, the 3rd BCT cut a broad swath through the rural area west of Taji, pushing into areas that have shown significant insurgent activities since the brigade assumed authority over the region.

**Iraqi Freedom**

insurgent activities since the brigade assumed authority over the region.

The operation yielded many successes, including the detainment of several individuals identified as insurgents, several weapons caches, and one huge stash of munitions.

In the early morning hours, Pfc. Chris Tingle was patrolling a gravel quarry in 1st Battalion, 11th Armored Cavalry Regiment's area. The quarry is an infantryman's

dream, Bishop said, a treacherous series of deep canyons and pits with numerous hiding places. It was here that Tingle found a large weapons' cache. Tingle saw some wooden crates full of ammunition and notified his chain of command.

"I hope we catch the guys that

See Quick sweep, Page 2

Best Rangers



Post/Blackmon

Capt. Scott Wence (left) and Capt. Michael Squires go through part of an obstacle course at the start of the Best Ranger Competition held April 22.

Fort Riley team places 5th in competition

By April Blackmon
Staff writer

For 60 unforgiving hours, two 1st Battalion, 16th Infantry Soldiers endured daunting physical challenges in hopes of finishing among the best in what is billed as one of the toughest Army competitions — the 2004 David E. Grange Jr. Best Ranger Competition.

Capt. Michael Squires, Company C commander, and Capt. Scott Wence, assistant S-3 for the battalion, represented the 24th Infantry Division (Mechanized) at Fort Riley at the Fort Benning, Ga., competition April 22-24. They finished fifth out of 23 teams.

"I'm tremendously proud of their accomplishments. To be able to endure, physically and mentally, three days of tasks and to be able to do that throughout that period with minimal rest, sleep or food is a true testament to their physical prowess as leaders," said Lt. Col. Thomas Hollis, commander of

the 1st Bn., 16th Inf.

"We set the goal at top 10. But once we got a little closer we knew the top three teams were pretty much untouchable," Wence said. "So we were going for fourth or fifth and we came out fifth."

Sending two Rangers from Fort Riley was important to Hollis who had wanted to send a team since he took command of the battalion in May 2003.

"I wanted to be able to show that we have great Soldiers in the mechanized community that can compete and perform at the same level as those in the Ranger Training Battalions," Hollis said.

Hollis said he gathered all the Rangers in his battalion and picked the two most physically fit Soldiers — Squires and Wence. The two began preparing for the competition in February.

"They'd spend two to four hours every day after work performing the physical tasks, starting in February. If you compare that to the teams that finished in the top three — the other teams started training this

past September," Hollis said.

The two arrived at Fort Benning April 10 to prepare for the event and practice on the competition's courses. Wence had participated in the Best Ranger Competition in 2002; this was the first time Squires had competed. Both were in great physical shape, which helped carry them throughout the weekend.

"That was the one thing we were able to focus on — being in shape and endurance stuff... Our time was spent getting in shape physically, primarily cardiovascular, which pulled us through this event," Squires said.

Squires and Wence also looked to their great working relationship and senses of humor to help pull them through the events.

"We hate each other," Squires said with a laugh. "No, we've been good friends since he (Wence) came to the unit... Our sense of humor has been able to pull us through both being deployed and currently in competition. That's probably our biggest strength —

See Rangers, Page 8

Suspect appears before judge

By Sam Robinson

Asst. Media Relations Officer

Sgt. Aaron Stanley was arraigned on the charges referred by Maj. Gen. Dennis Hardy, commanding general 24th Infantry Division (Mechanized) and Fort Riley, on May 2.

Stanley has been charged with conspiracy to commit murder, two specifications of premeditated murder, wrongful possession with the intent to distribute marijuana, wrongful distribution of methamphetamines, wrongful use of methamphetamines, absence without leave, violation of an order restricting him to the limits of Fort Riley and adultery.

The military judge presiding over the arraignment set Stanley's trial to begin June 6 at Fort Riley.

The charges stem from a September 2004 incident in Clay County, Kan., in which two Fort Riley Soldiers were killed.

Sgt. Eric Colvin is also facing charges related to that incident. Colvin's case has not yet been referred to trial.

Both Stanley and Colvin are currently being held in pre-trial confinement in Geary County.

Combat badge approved

The new Combat Action Badge has been approved by Army leadership, who created the badge to recognize all Soldiers who are in combat with the enemy. The new badge is in keeping with the Warrior Ethos displayed by all Soldiers, regardless of rank or military occupational specialty. The badge recognizes the reality of

See Badge, Page 3

Post community remembers Millsap

By Sam Robinson

Asst. Media Relations Officer

Competent, confident, committed and compassionate is how Capt. Kate Guttormsen described 1st Sgt. Timmy Millsap during a post memorial ceremony May 2 at Morris Hill Chapel. Guttormsen was a former commander of Millsap's.

"He was a top notch NCO," Guttormsen said. "Everyday he asked, 'Ma'am, how can I make your job easier?'"

Millsap was killed April 25 when the vehicle he was traveling in struck an improvised explosive device near Taji, Iraq. He was the

first sergeant for Company A, 70th Engineer Battalion, 3rd Brigade, 1st Armored Division.

This was Millsap's second rotation to Iraq. He was the 49th Fort Riley Soldier to have died while serving in support of Operation Iraqi Freedom.

More than 200 Fort Riley Soldiers, family members and friends attended the memorial to honor this native Kansan.

"We train everyday, but you can never train for the loss of a Soldier," said 1st Sgt. Thomas Cotton.

Becoming a first sergeant was Millsap's goal from the day he joined the Army, according to former commander and friend Capt.

Terry Alvarez.

Alvarez said that Millsap was a dedicated family man who loved practical jokes. He shared many of the jokes Millsap played on him during their time together.

"I'll never forget the lessons he taught me," Alvarez said. "The most important was never hold a Soldier to a standard that you won't hold yourself to."

"The best thing you can do for Tim is to keep his lessons with you. Remember who taught you. Then get it done," he said.

Millsap's funeral was held Wednesday in Salina, Kan., with burial following at the Greenwood Cemetery in Wichita, Kan.



Post/Baker

Two photos of 1st Sgt. Timmy Millsap were posted next to his kevlar, M-16 rifle and combat boots during a memorial service May 2 at Fort Riley.





Post news in brief

Spring clean-up scheduled

The Fort Riley's annual spring clean-up is planned from 9-12 May. The time is designed to improve the appearance of the installation and post training areas. This will involve all soldiers and families on Fort Riley.

The clean-up occurs twice a year, once in the spring and once in the fall. For more information on how to get involved contact your unit S-3, your housing area mayor, or call Justin Carter at 239-2222.

Offices plan move

The personnel detachment and the casualty branch will be moving to Building 212, through May 13. Customer services will be limited and handled by appointment only while the move takes place.

To schedule an appointment, call 239-5218 for customer services, 239-4339 for officer records, 239-9727 for officer promotion, 239-5917 for enlisted promotion, 239-5810 for enlisted evaluation and 239-9295 for officer evaluation.

Normal operation will resume in Building 212 on May 16.

Travel customer hours change

To better serve its customers, the 24th Infantry Division (Mechanized) G8 travel staff changed its office hours. The travel cells are open from 7:30 a.m. to noon and from 1 to 4 p.m. Monday through Friday.

The travel staff is located in Room 124, Building 512. Customers should use the south end of the building to enter.

For more information, call Suzi Floberg at 239-2858.

Education staff plans graduation

The combined graduation ceremony at Fort Riley will be 1 p.m. June 9 at King Field House. Counseling services at the learning centers will not be available the afternoon of June 9 because of the ceremony.

Fort Riley military personnel, family members and civilian personnel who are graduates of local college or SOCAD college programs are invited to participate in the post-wide graduation ceremony.

For more information about participation, call 239-6481.

Crews to flush water system

Public Works crews will continue efforts to keep Fort Riley's water clear by flushing the water distribution system.

The flushing schedule is:
May 7 - Forsyth, Funston, Marshall Army Air Field areas.

Flushing of the water mains will begin May 2 and continue until complete.

Occupants of the areas being flushed should refrain from doing laundry and using hot water during this period. Flushing can cause discoloration in the water.

To facilitate flushing, drivers are asked not to park directly across from fire hydrants.

When flushing is complete, area occupants should clear the water lines in their quarters.

This is accomplished by opening all cold water faucets and letting them run until the water runs clear.

The hot water faucets should be opened next to clear any remaining discoloration.

The time required for the water to clear depends on the amount of water used during the flushing.

If the water does not clear up after 30 minutes, users should notify the Service Order Desk at 239-0900.

For more information, call Don Wainwright at 239-3908 during normal working hours.



Lt. Col. Anthony Wright, commander of 70th Eng. Bn., examines some of the heavy munitions unearthed by his battalion. The massive weapons' cache found during Operation Iraqi Freedom III, netted almost 3,000 pounds of munitions.
100th MPAD/Bromley

Quick sweep

continued from page 1

were going to use this," Tingle said.

When members of 2nd Platoon, Co. B, 70th Eng. arrived they immediately set to excavating the site.

As Sgt. Jason Faras, Pfc. Leslie Thompson and Pfc. Harold Kuykendal began digging, they found several large caliber munitions.

"It's like Christmas, down here," Kuykendal said. "Things just keep coming up."

As they continued to unearth more and more munitions, the 70th Eng. Bn. knew they had something big. So they brought in extra Soldiers to continue the sweep.

"This is an excellent find ... these munitions won't be used to build any IEDs" said Lt. Col.

Anthony Wright, battalion commander, 70th Eng. Bn.

The engineers pulled almost 3,000 pounds of large caliber explosive munitions out of the weapons cache in six hours of grueling hot work. The staff and Soldiers of 3rd Bde. agree that Operation Quick Sweep was a success.

"It's clear to me that yesterday's find saved an untold number of U.S. and Coalition Forces' lives," said Command Sgt. Maj. Anthony Cady, 70th Eng. Bn. command sergeant major.

"They pulled one round out every 20 seconds for about two and a half hours ... It was unbelievable," Cady said.

28 retire from service in April

By Jay Baker

Public affairs intern

Twenty-seven Soldiers and one civilian were recognized for their military service at an April 27 ceremony at Ware Parade Field.

Each Soldier received a Meritorious Service Medal during the ceremony. The medals recognized their outstanding military service. Retirees' spouses received certificates of appreciation recognizing their contributions and thanking them for the support they gave to their sponsor's careers.

Maj. Susan F. Wojcik, U.S. Army Garrison, retired after 20 years of military service.

Maj. Randall M. Zelenka, Headquarters and Headquarters Company, 24th Infantry Division (Mechanized), retired after 20 years of military service.

Chief Warrant Officer David M. Ujezo, 1st Maintenance Company, 541st Maintenance Battalion, retired after 23 years of military service.

Chief Warrant Officer William D. Spiegel, Brooke Army Medical Center, Fort Sam Houston, retired after 20 years of military service.

Command Sgt. Maj. Irving R. Bush, HHC, 1st Engineer Battalion, retired after 22 years of military service.

1st Sgt. Lewis F. Gordon, Jr., HHC, 1st Eng. Bn., retired after 22 years of military service.

1st Sgt. William J. Farmerie, Battery C, 4th Battalion, 3rd Air Defense Artillery, retired after 21 years of military service.

1st Sgt. Michael T. Mears, 82nd Medical Company, 937th

Eng. Grp., retired after 23 years of military service.

1st Sgt. Darren G. Crooks, 774th Ordnance Detachment, 541st Maint. Bn., retired after 21 years of military service.

Master Sgt. Henry L. Jackson, HHC, 937th Eng. Grp., retired after 26 years of military service.

Master Sgt. Robert D. Garcia, HHC, 1st Battalion, 16th Infantry, retired after 20 years of military service.

Master Sgt. Rickie A. Chewning, HHC, 24th Inf. Div. (Mech), retired after 21 years of military service.

Sgt. 1st Class Lawrence E. Price, Btry. C, 4th Bn., 3rd ADA, retired after 22 years of military service.

Sgt. 1st Class Charles D. McNeill, Headquarters and Headquarters Battery, 1st Battalion, 5th Field Artillery, retired after 22 years of military service.

Sgt. 1st Class Ronald J. Ewing, Sr., HHC, 1st Brigade Combat Team, retired after 24 years of military service.

Sgt. 1st Class Ryan A. Sanchez, 1st Maintenance Company, 541st Maint. Bn., retired after 20 years of military service.

Sgt. 1st Class Carl L. Berning, 1st Maint. Co., 541st Maint. Bn., retired after 21 years of service.

Sgt. 1st Class Ronald D. Schum, Jr., 1st Maint. Co., 541st Maint. Bn., retired after 20 years of military service.

Sgt. 1st Class Robert D. Murphy, HHC, 24th Inf. Div. (Mech), retired after 20 years of military service.

Sgt. 1st Class David L. James, 331st Signal Company, 1st BCT,

retired after 21 years of military service.

Sgt. 1st Class Jacqueline L. Wyman-Steward, HHC, 24th Inf. Div. (Mech), retired after 21 years of military service.

Staff Sgt. David G. Magahan, HHC, 1st Eng. Bn., retired after 21 years of military service.

Staff Sgt. Robert G. Simmons, Jr., USAG, retired after 22 years of military service.

Staff Sgt. Larry D. Erickson, 523rd Military Police Detachment, 924th Military Police Battalion, retired after 20 years of military service.

Staff Sgt. Brian G. Chronister, 172nd Chemical Company, 541st Maint. Bn., retired after 20 years of military service.

Staff Sgt. James E. Keenan, 568th Engineer Company, 541st Maint. Bn., retired after 20 years of military service.

Sgt. Kenneth R. Hayward, 1st Maint. Co., 541st Maint. Bn., retired after 20 years of military service.

Lana Pender, Directorate of Contracting, retired after 32 years of military service.

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Post news in brief

ID Card Center to move May 16

The ID Card Center will be closed May 16 so it can be moved to Building 212 on Main Post.

For more information, call Gary Morris at 239-5667 or 239-9202.

Army mandates computer class

In an effort to protect data from internal and external threats, the Army established a directive requiring all Army computer users to complete information assurance training no later than June 4.

Computer users can satisfy their IA training requirement by logging onto the Army e-Learning Program, the G-6's preferred method for fulfilling this requirement. Army e-Learning helps streamline the process for fulfilling IA training and testing results are immediately reflected in the Army Training Requirements and Resources System.

For more information on how to access Army e-Learning for IA training, log onto www.us.army.mil, My Education; Army e-Learning portal page or Army e-Learning at <http://usarmy.skillport.com>

Pre-retirement orientation set

The semi-annual pre-retirement orientation will be conducted from 8 a.m. to 4 p.m. May 20 at Riley's Convention Center. Registration will start at 7:30 a.m.

This orientation is for individuals who have submitted a request for retirement; but any Soldier contemplating retirement in the near future is welcome to attend.

The purpose of this orientation is to present information concerning rights, benefits and responsibilities in conjunction with retirement. Soldiers who are eligible for early retirement (medical reasons only) should also attend.

This orientation is a requirement of AR 600-8-7, and Soldiers may attend as many times as they wish. Spouses of retiring personnel and prospective retirees may also attend.

For more information, contact the Retirement Services Office in Building 210 or call 239-3320 or 239-3667.

Badge

continued from page 1

today's 360 degree battlefield.

The Combat Action Badge design is still pre-decisional. The requirements to be awarded the badge are as follows.

- * Be a U.S. Army Soldier.
- * Rank, Branch and Military Occupational Specialty (MOS) are immaterial.

- * Performing assigned duties in an area where hostile fire pay or imminent danger pay is authorized.

- * Not eligible for award of the Combat Infantry Badge (CIB) or Combat Medical Badge (CMB) at the time of the action cited.

- * Personally present and actively engaging or being engaged by the enemy, and performing satisfactorily in accordance with the prescribed rules of engagement.

- * Battle or campaign participation credit alone is not sufficient; the Soldier must engage or be engaged by the enemy.

Commanders at the rank of Major General will have award authority.

Although a Close Combat Badge (CCB) was considered as an option, Army leadership decided the CAB best meets the intent of field commanders to fully recognize Soldier actions in combat.

For more information about all the Army's badges, symbols and insignia, visit www.army.mil/symbols

New VA career program helps disabled veterans

By Donna Miles
AFPS

WASHINGTON — A new program at the Department of Veterans Affairs is helping disabled troops train for new careers while awaiting discharge from the military, with the goal of hiring them at the VA.

The program, dubbed "Vet IT," launched as a pilot at the VA headquarters in October, is winning acclaim as a win-win for everyone involved. Newly disabled veterans get a jump-start on new careers and, ideally, job offers with good benefits and advancement potential.

But Jennifer Duncan, who came up with the idea and oversees the VA program, said her agency gains as well, by attracting young, motivated employees who understand military veterans and their needs firsthand.

"This is the opportunity of a lifetime," said former Staff Sgt. Matthew Braiotta, who was medically retired from the Army after an improvised explosive device attack in Fallujah, Iraq, left him with severe leg injuries in October 2003.

Like many participants in the new Vet IT program, Braiotta said he had hoped to make the military a career, but found his plans abruptly derailed. He had concerns about what kind of job his experience as an Army scout might land him outside the military, but now he's a mid-level federal civilian employee at VA headquarters here, training as a budget analyst.

"The amazing thing is that I have no skills conducive to what I'm doing here, but they're giving me a chance to learn them," Braiotta said.

Former Army Cpl. Tristan Wyatt, another participant in the program, acknowledged that his resume is "short and sweet" and that he has no formal training for his job at the VA, conducting cyber-security for the agency's computer systems.

Wyatt, who lost his right leg during a firefight in Fallujah in August 2003, said he's "amazed" that the VA looks beyond this and offers him and his fellow veterans a fresh start in life. "They're willing to train us and build us from the ground up," Wyatt said. "It's one of the huge benefits of this program."

But Duncan said disabled veterans like Braiotta and Wyatt

For more information

Visit the Department of Veterans Affairs Web site at www.va.gov/

bring far more to the VA than they realize. "They're disciplined and energetic, and looking forward to starting new career paths," she said.

And as they build careers at the agency, eventually to replace its aging workforce, these veterans bring a clear understanding of issues important to veterans, particularly disabled veterans, Duncan said. "Who can better understand a veteran than a veteran?" she said.

The Vet IT program helps disabled veterans, most of them wounded during Operations Iraqi Freedom and Enduring Freedom, transfer that understanding into careers where they can help their fellow veterans.

Most enter the program as volunteers while in the process of getting their medical board disability rating and military discharge. By law, the federal government can't pay them for program participation while they're still on the military rolls, Duncan explained.

While the program doesn't guarantee a job, Duncan said it's been successful so far in identifying permanent positions at the VA for participants.

The agency goes beyond offering steady jobs and valuable work experience, Duncan explained.

Working through a wide range of partners, it helps participants move to the Washington area, find places to live, navigate the local transportation system and even get gift cards for work clothes and other essentials if they need them.

"This is an individualized program. It's not a job fair," Duncan said. "These are young men and women who were on a career path that due to circumstances beyond their control, they can't continue. So we're starting them on a new career path and doing everything possible to help them as they do that."

Kelly Wilson, who was medically retired as an Army specialist due to a severe respiratory disease he developed while working at Walter Reed Army Medical Center, said he was delighted to find himself in an interesting job with long-term potential.

At the VA, Wilson helps plan the operations that would keep the agency running in the event of a disaster or terrorist attack. It involves reviewing the VA's essential functions and putting plans in place to ensure they wouldn't be disrupted.

"It's certainly interesting," he said. And even with a college degree under his belt, he's convinced, "I probably couldn't have landed this job without this opportunity" provided through the Vet IT program.

So far, 27 disabled veterans have entered the program, with 10 of them being offered fulltime jobs at the VA.

Duncan hopes to eventually expand the program to other VA offices, but said the agency prefers to move slowly to be sure it gets the program right. "We want to make sure we match skill sets (between participants and their VA jobs) and that we don't make promises we can't live up to," she said.

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89th changes command

New commanding general takes over unit

Charlene Gemar
89th RRC PAO

Brig. Gen. Rita M. Broadway took command as the new Commanding General of the Army Reserve 89th Regional Readiness Command in Wichita, Kan., April 16.

Broadway succeeded Maj. Gen. Michael Symanski, who has been reassigned to Washington D.C. as the assistant G-3/5/7, Mobilization and Reserve Affairs (Individual Mobilization Augmentee).

The 89th RRC consists of more than 11,000 Army Reserve Soldiers in nearly 200 units in Kansas, Missouri, Iowa and Nebraska and provides support to all other Army Reserve commands in the area.

Broadway was born in Wichita, on July 17, 1953. She earned a Bachelor of Science degree in chemical science from Kansas State University in Manhattan. Broadway was the first female cadet to receive an Army Reserve Officer Training Corps commission from K-State in May 1976.

Broadway entered active duty in May 1976. She attended both the Transportation Officer Basic Course and Chemical Officer Reserve Component Achievement Medal and the National Defense

Service Medal. Broadway's military education includes Chemical Officer Advance Course, Combined Arms Service and Staff School, Multifunctional Logistics Course, Command and General Staff College and the Army War College.

Col. George Harris has been named the Deputy Commanding General, 89th RRC. Harris is currently deployed in support of Operation Iraqi Freedom. He will assume his duties upon his return.

Harris was raised in Leavenworth, Kan., and received his commission from the United States Military Academy in 1978.

He served as a tactical control officer and executive officer with the 2nd Bn., 2nd Air Defense Artillery on a three-year tour in Germany.

Harris attended the Combined Arms Services Staff School at Fort Leavenworth before earning his MBA in Comptrollership at Syracuse University in New York.

His awards and decorations include: six Meritorious Service Medal with four Oak Leaf Clusters, the Army Commendation Medal with two Oak Leaf Clusters, the Army Achievement Medal with one Oak Leaf Cluster, the Reserve Component Achievement Medal and the National Defense

Service Medal. Broadway's military education includes Chemical Officer Advance Course, Combined Arms Service and Staff School, Multifunctional Logistics Course, Command and General Staff College and the Army War College.

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His awards and decorations include: six Meritorious Service Medals, three Army Commendation Medals, six Army Achievement Medals, three Army Reserve Components Achievement Medals and two National Defense Service Medals.

Defense secretary supports extended careers, longer tours

By Donna Miles
AFPS

WASHINGTON — Defense Secretary Donald Rumsfeld said he'd like to see sweeping changes to the military services' personnel systems.

In particular, Rumsfeld said, he'd like to do away with the system that forces military people out at the prime of their careers and moves people between jobs too quickly.

The system that moves people up then out when they are "at the peak of their capabilities" does the country "a big disservice," the secretary said during a recent interview with the Pentagon Channel.

Rumsfeld said he's frequently frustrated to see top-notch servicemembers, many just 38 or 40 years old, forced to leave the military — taking with them extensive experience that they could share with others. "Why would we do that?" he said.

"Why wouldn't we want that person around, and the confidence and knowledge and experience" the individual brings to the table.

Yet, despite widespread

recognition of what such servicemembers are still capable of contributing, Rumsfeld said the personnel system "just keeps shoving them up and out."

This just doesn't make sense, particularly at a time when people "live longer and are healthier longer," said Rumsfeld, who at 72 is the oldest man to serve as U.S. defense secretary.

Rumsfeld acknowledged that not everyone wants to extend their military careers, but he said those who do "should not be penalized or prevented from doing that."

The secretary said he'd also like to change the system that moves people too quickly from one job to the next. "We've found an awful lot of wonderfully talented people who have moved through their positions too fast," he said.

This cuts down on the learning process and their ability to master a job, he said. "How do you learn? You learn in life by doing things and sometimes making mistakes, being there to see the mistake (and) correcting the mistake," he said.

Spending too little time in one job cuts this process short and keeps people from getting the

in-depth experience they need to master the job, Rumsfeld said. "You spend some time getting familiar with (a job), some time doing it, then some time leaving. And you don't really get very good at it, and you are rarely around long enough to get down to the second and third level of knowledge and confidence."

Rumsfeld said allowing those who want to serve longer in the military and extending the tours of those who do could contribute to "a vastly better military."

Extending duty assignments would increase servicemembers' competence in their jobs, save the Defense Department in permanent-change-of-station-move costs, and reduce the disruption constant moves impose on the military.

At the same time, extended tour lengths would reduce the disruption military life imposes on families. "We bring families in today, not just military personnel, and to the extent that we can keep people with fewer permanent changes of station, there is less disruption on kids in school and less disruption for spouse employment practices," Rumsfeld said. "And that's a good thing."

DAILY UNION
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Commentary

Friday, May 6, 2005

Fort Riley Post

Page 5

Riley Roundtable

This week's question:

How is the increase in gasoline prices affecting your life?



"I don't like it, but what can you do? I haven't done anything differently."

Bob Lumbo
Civilian
Home: Springfield, Va.



"We're conscious of it, but we've got games, practices and work to go to. We're still doing the same things."

Kim Miller
Army spouse
Fitness Program Manager
Home: Junction City



"I try to drive less and manage my money. You want to make sure you have some extra money in your pocket in case you run out of gas on the side of the road."

Pfc. Benny Young
Fire Support Specialist
H1B
1st Bn., 5th FA
Home: Savannah, Ga.



"It's about \$70 to fill my truck up. I do less fishing and hunting. My leisure activities have definitely slowed down."

Spec. Jack Jones
Infantryman
1st Bn., 41st Inf.
Home: Searcy, Ark.



"It's been kind of a drag. I just got back from St. Louis, and now I'm driving to Hays. It'd be nice if (gas prices) weren't so darn high."

Sgt. 1st Class Charlie Klaus
NBC
388th Med. Log.
Home: Hays, Kan.

Next week's question:

How do you support the Fort Riley community?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

Editor's note: Irwin Army Community Hospital held its Day of Remembrance ceremony May 4.

By Kevin Stuart

IACH Combat Medic

Recently, numerous people, including myself, had the distinct honor of attending a very informative ethnic observance commemorating the Days of Remembrance of the Victims of the Holocaust. That observance at the Riley's Conference Center was a true learning lesson for many of us in attendance.

I learned that it's crucially important to know and be specific about the definition of the Holocaust. The Holocaust was an event connected in large part with World War II, but separate from it. In fact, the Holocaust often took precedence over the war effort, as personnel, trains and material needed at the front were not allowed to divert from death camp assignments.



Kevin Stuart

lion other people were swept into this net of death, as well.

This crime was unique in the annals of human history, different not only in the quantity of violence - the sheer numbers killed - but also in its manner and purpose as a mass criminal enterprise organized by the state against defenseless civilian populations.

The concept of the annihilation of an entire people was unprecedented. Never before in human history had genocide been an all-pervasive government poli-

The Holocaust was the systemic, bureaucratic annihilation of six million Jews by the Nazis and their collaborators as a central act of state during the second world war, and five mil-

cy unaffected by territorial or economic advantage and unchecked by moral or religious constraints.

In the Nazi program of genocide, Jews were the primary victims to be destroyed.

The Holocaust was not simply a throwback to medieval torture or archaic barbarism. It stands as a tragedy for Europe, for Western civilization and for the entire world. We must remember the facts of the Holocaust and work to understand these facts. We must never allow this to happen again in our society.

Remembering the Holocaust as a specific event does not mean seeing it in isolation. On the contrary, it means beginning with the specific to give foundation to larger truths.

The Holocaust began with the Jews as targets, but it takes in all humanity as victim, because once the Holocaust began and the plan took hold, values and morality fell victim just as surely as did lives.

Since the Holocaust, we need

not theorize about the human potential for evil but face up to it as reality. We begin to understand the dangers of all forms of discrimination, prejudice and bigotry and hatred, which in their extreme forms can lead to the world evils of mass slaughter and genocide and on the personal level can endanger our ethical being and future existence.

We can examine all the roles humans play in our world: victim or executioner, oppressor or liberator, collaborator or bystander, rescuer and witness. The Holocaust reminds us that humans can exhibit depravity and heroism.

The victims of Nazi persecution demonstrated tremendous spiritual fortitude and resistance. Those who risked their lives to save others demonstrated physical and spiritual heroism.

Lastly, we must continue remembering the Holocaust and the depths to which humanity might sink, but then, we can never forget the heights to which we might aspire.

Days of Remembrance

We must remember the Holocaust

Showing support

'What you do for the red, white and blue'

Editor's note: The following poem was submitted by an assistant professor at Kansas State University in Manhattan as a means of showing support for American Soldiers abroad.

By Deanna Retzlaff, Ph.D.
Kansas State University

We often don't think of the things that you do
Protecting and defending the red, white, and blue...
But we should.

As I look out my window to our old flagpole
And watch the flag as it billows and flows
I'll remember the sacrifices you make
And hope that we as a nation do not take
For granted the things that you continually do
To protect our rights and defend the red, white, and blue.

For the flag resembles the burden that you carry
Especially when a fallen comrade you must bury.
Those fallen comrades I think of as stars
Shining brightly in blue next to the red and white bars.
The red makes me think of the selfless sacrifice
Giving their all to do what is right.

The white represents the loyal, patriotic souls
Progressing our country towards freedom's goals.

As I do all my chores at night in the barn
I think of the sounds that we have on the farm:
The whinny, the moos, the meows, and the bark,
The ominous howls of the coyotes after dark.
How different this must be than the sounds that you hear

The gunfire, the rockets, and the screams from fear.

The sky that I view in the dark Kansas night
Is filled with stars and occasional moonlight.

I can only imagine the things you must see
Defending the helpless and keeping us free.

As the Christmas season quickly draws near,
I'll think of you and all those you hold dear.
Your parents, spouses, and children will feel alone
Desperately wishing for you to come safely home.

As I enjoy my stuffed turkey with a glass of iced tea,
I'll think of you eating that bland MRE.
If I could wrap up the smell and the flavor for you
I'd send it in a package as a giant thank-you.

So as I say my prayers with my children tonight
I thank God for those defending us out-of-sight
And keeping our freedom safe and secure
And defending the helpless in places obscure.

My family and I will respect what you do
And say a prayer each day for the red, white, and blue.
May God keep you safe as you are on duty
Until you return home to behold the beauty
Of your family who missed you and welcomes you home
With joyous tears - and they are not alone.
As we as a nation quietly salute the men and the women who do what they do -
To keep us safe and free - under the red, white, and blue.

2nd Louie

By Bob Rosenburgh



Want to write a letter?

Letters must include the writer's complete name and a phone number. Letters that criticize or accuses an individual will not be printed, but critical comment about conditions at Fort Riley are allowed.

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Your opinion is important to the Post editor and staff. Please take a moment to tell us how well we are doing our job of keeping you informed about what is happening at Fort Riley. Fax the form to (785) 239-2592 or clip and mail this form to Editor, Public Affairs Office, Building 405, Fort Riley, KS 66442, or drop the form at building 405. You may also send your opinions to the staff by e-mail at mike.heronemus@riley.army.mil.

What are your concerns or suggestions for improvement?

Your name (optional) and phone number (if you would like to talk about your ideas):



PAO/Hill

Rebecca Erwin (left), senior at K-State's Veterinary Medical Teaching Hospital, begins to remove Ike's cast while Melissa Milligan, equine surgery resident at K-State, holds his leg. The cast was taken off April 20. Also assisting is Sgt. Brian Florke of the Commanding General's Mounted Color Guard and Sarah Rapp, a veterinary technician at K-State.

K-State removes Ike's cast

By Cassidy Hill

Assist. Com. Rel. Officer

One of the Commanding General's Mounted Color Guard troops can now walk a little easier.

Ike, a 13-year-old Paint Quarter horse, was able to have the cast on his right front foot removed April 20.

Members of the K-State Veterinary Medical Teaching Hospital sawed Ike's cast off. After it was removed, Dr. Carolyn Arnold, assistant professor of Equine Surgery, said his foot looked good.

She said he had some cast sores, but that they were expected. "He is doing just great," Arnold said. "We are happy with it."

Arnold said that Ike will now wear a shoe to raise his heel up. She said Ike needs to start walking and getting exercise.

"We will continue to bandage him until he really fuses, but since

he has already started, a little exercise will speed things along," Arnold said.

Sp. Josh Waltner, a soldier in the mounted unit, said he has been the primary Soldier to care for Ike during his recovery. He said he has been making sure Ike is drinking and eating well, is getting his medicine and checking on his cast.

"It has been a smooth recovery," Waltner said. "He has lost 90 pounds since his surgery so now he is on a special diet."

Now that the cast is off, Waltner said he will be taking care of Ike's cast sores, making sure he gets his proper dosages of medicine and making sure he gets plenty of exercise.

Waltner said at first he will take Ike to a training area to help him start walking. He said eventually, Ike will be back to running, but that it would be about a year before he could start participating

in parades and demonstrations.

Arnold said the K-State Veterinary Medical Teaching Hospital will continue to provide check-ups on Ike at the stables. She said they will still take radiographs to make sure his leg is fusing correctly.

In January, Ike injured his right front foot. The injury turned out to be a deteriorating bone chip, which needed surgery. The K-State Veterinary Medical Teaching Hospital and the mounted unit worked together to pay for Ike's surgery. The teaching hospital used his surgery as a teaching aid.

On Feb. 16, Ike underwent surgery and removed the deteriorating bone and replacing it with a bone graft that was taken from his hip.

Since his surgery, the mounted unit and the K-State Veterinary Medical Teaching Hospital have been working together during his recovery.

Fort Riley receives improved waste water treatment plant

By Austin Meek

Staff writer

Fort Riley will have a new waste water treatment plant to improve sewage treatment on post, according to Public Works director Larry McGee.

The new plant will replace three existing waste water treatment plants and should be completed within the next six months. The existing plants are not efficient enough to meet the higher discharge standards required by federal and state regulations, McGee said.

"The new plant uses an acti-

vated sludge reactor to treat the waste," he said. "Activated sludge is another name for the microorganisms that 'eat' the waste."

After water is treated with the activated sludge, it passes into a clarifier. In the clarifier, sludge settles to the bottom and the treated water is drained off the top. The sludge from the bottom is then pumped into a sludge digester or returned to the activated sludge reactor, McGee said.

Sludge that is not returned to the reactor is treated and disposed of through land application, McGee said.

The final step in the water treatment process is disinfection with ultra-violet light. UV disinfection ensures all the microorganisms are killed before the water is released into the stream below Cameron Springs Pond.

Cost of construction is approximately \$22 million, McGee said. The Kansas City District of the Army Corps of Engineers administered the construction contract and the contractor is Cajun Construction.

The new plant is located along 1st Division Road, adjacent to the Custer Hill Waste Water Treatment Plant.

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Soldiers remember leader in Taji service



Soldiers participate in the memorial service in Iraq for 1st Sgt. Timmy Millsap. Millsap was the 49th Soldier from Fort Riley to die while serving in support of Operation Iraqi Freedom. Millsap was a combat engineer with Co. A, 70th Eng. Battalion, 3rd Bde., 1st Armored Div. This was his second rotation to Iraq.

By Matthew Wester

100th MPAD

TAJI, Iraq — Silence fell over Warrior Chapel as troops filed past a display of battle streamers, a rifle, and a pair of empty boots to salute their first sergeant for the last time.

Soldiers and Officers of 70th Engineer Battalion, 3rd Brigade, 1st Armored Division, memorialized 1st Sgt. Timmy J. Millsap in a ceremony April 30.

Millsap, 1st Sgt. for 70th Engineer Battalion's A Company, was killed in combat during Operation Quick Sweep, which involved a coordinated sweep of an area northwest of Baghdad where insurgents are operating.

He died doing his job — leading troops.

"1st Sgt. Millsap was the kind of leader we all wish we could be," said Lt. Col. Anthony M. Wright, commander of the 70th.

"He had a great ability to identify when a Soldier needed a pat on the back or a kick in the pants, and he could administer both with respect and dignity," said Command Sergeant Maj. Anthony Cady of the 70th Eng. Bn.

Millsap sought a job mentoring and teaching troops, two areas where he excelled.

"The first time I met him he was the brigade equal opportunity advisor, and he came to see me because he wanted to be a first sergeant."

Cady said. "He was a noncommissioned officer who desperately wanted to do what noncommis-

sioned officers do, lead and train Soldiers."

"Being a first sergeant was what he wanted to be and what he was clearly meant for," Wright said. "His leadership in garrison and combat ensured the safety of all his Soldiers while accomplishing the missions."

"Poised, confident and competent, he solved the tough issues, calmed troubled situations, and lightened the mood with one of his wry comments," Wright continued. "His high standards, absolute integrity, and concern for each of his Soldiers was visible to all, and all would follow him because they saw a leader."

Beyond being a superior non-commissioned officer, Millsap was a trusted friend and colleague, known for his wit and warmth.

"He was a gentle and fun-loving guy who could hold a conversation with a brand-new private or four-star general as easily as he could with an old friend," said Capt. Eric Swenson, commander of the 70th's Co. A. "He could drink coffee with the best of them, and would pour me a cup at midnight just so we could stay up and talk about nothing important at all."

His humor was a gift he shared with all those around him.

"Just three weeks ago I visited him at his office and kissed him on his head," said Chaplain (Capt.) Raul Maria, the 70th's chaplain.

"He said, 'Chaplain, you kissed me on my dirty head!' and everyone was laughing."

"He was quick to smile that wry

smile of his," Cady said. "He had a quick wit, and a sense of humor that never failed to crack me up."

Millsap was also remembered as a devoted family man, who planned to spend more time with his wife and daughter after retiring from the Army.

He was a career Soldier, a veteran who had given his country nearly twenty years of service. This

was his second combat tour in Iraq. Maria summed up the impact of the loss of this Soldier, leader and friend.

"We all have this dull ache we call grief," Maria said. "The 70th Engineer Battalion lost a comrade. A daughter has lost her father. A wife lost her husband. The Army lost a leader, but God has won a soul."

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By Donna Miles

AFPS

WASHINGTON — Land mines, rocket-propelled grenades, and improvised explosive devices are taking their toll on deployed U.S. troops' bodies. What's not as easily recognizable is the damage these weapons are doing to servicemembers' brains.

Traumatic brain injury, or TBI, is becoming an increasingly common affliction of the war on terror. It's affecting troops with injuries ranging from mild concussions to unconsciousness or coma, doctors at the Defense and Veterans Brain Injury Center at Walter Reed Army Medical Center told the American Forces Press Service.

Dr. Louis French, a neuropsychologist at the center, said improved body armor "is doing a wonderful job of saving lives" and reducing the rate of internal injuries on the battlefield.

But even with Kevlar helmets, there's a critical organ this protective gear simply doesn't adequately protect: the gelatin-like brain material that can shift violently inside the skull when confronted by explosions, sudden jolts or shock waves from blasts.

This movement, which also typically occurs during vehicle accidents and falls, can stretch and tear nerve fibers or bruise the inside of the brain, explained Dr. Deborah Warden, director of the Defense and Veterans Brain Injury Center.

"It's like what happens when a quarterback gets sacked and sees stars, or when someone hits the windshield in a car," she said. Often there's no visible sign of an injury, and even magnetic resonance imagery doesn't pick it up.

TBI symptoms run the gamut from slower reaction times to severe emotional and cognitive problems. Affected troops often

report headaches, sensitivity to light or noise, dizziness or nausea. Many also experience the less-obvious symptoms of depression, irritability, insomnia or loss of memory or problem-solving abilities, the doctors said. In more severe cases, victims can lose their eyesight and their ability to walk and talk.

The good news, the doctors said, is that if the injury is detected and treated early, most victims can recover full brain function, or at least return to relatively normal lives.

Field hospitals are doing a remarkable job of offering sophisticated medical care close to the point of injury, French said, including conducting initial screenings for brain injury when possible.

Doctors at these hospitals initially focus on saving lives and evacuating patients for more advanced care if necessary, but they've become increasingly aware of the symptoms of traumatic brain injury and the value of early battlefield intervention, French said.

Often this intervention begins with simple questioning: What happened? Was there any period of time that you don't remember what happened?

Such questions help identify whether the patient has experienced a concussion or mild form of traumatic brain injury, the doctors said. With a short period of rest, ideally away from the frontlines, these patients often recover within a few hours or days, they said.

The Walter Reed Center helps identify undiagnosed cases of brain injury and treats patients with more severe cases.

At the Walter Reed brain center, doctors screen each new casualty list to determine who's been injured due to explosions, vehicle accidents or falls and may have developed a brain injury. They

arrange personal interviews with high-risk patients and prescribe treatments that frequently include physical and psychological therapy to heal the brain.

Research shows it's also effective to treat the symptoms, such as prescribing drugs to help affected troops deal with insomnia or depression, Warden said.

While medication and other therapies help, there's "no magic bullet" that cures brain injuries, she said.

Patients with severe cases undergo a long healing process, sometimes requiring speech and occupational therapy to relearn basic skills. Some may find that while they're able to return to work, they can no longer do the same job, Warden said.

Even patients who appear to recover fully may experience some long-term symptoms, the doctors explained. At work, they may find they're not as capable of taking on extra projects or demands. Some find that the reserve they once drew on to meet these challenges is no longer there, Warden said.

This spills over to their personal lives, as well, she said. People who have experienced brain injuries may take longer to do simple things, such as coming up with the correct change in the checkout line at the grocery store.

"Many people do well, but they may find that they need to make modifications in their lives," she said. "(Traumatic brain injury) can be a life-altering experience."

Navy Chief Petty Officer James Miner knows firsthand just how life-altering brain injuries can be. A severe sandstorm blew him off a Conex container in Iraq in June 2003. The fall put the Seabee into a coma. When he gained consciousness, he could no longer walk or talk, had lost much of his vision and no longer knew Phon Miner, his wife of 12 years.

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Rangers

continued from page 1

our ability to make light of any situation."

"They've got a great relationship. They get along real well. They're two peas in a pod for this," said SPC William LaBodie of Headquarters and Headquarters Company, 1st Bn, 16th Inf., who was asked by Squires and Wence to be their team coach.

Day 1

Lightning and the threat of severe weather delayed the competition's start, which was scheduled to begin just before sunrise April 22. It wasn't until daylight that the first group of Soldiers began running through the first obstacle course. Squires and Wence were the second group to start that morning. After maneuvering through a series of obstacles, the two headed off on a distance run to Victory Pond for a swim before running back and doing a series of push-ups and chin-ups.

"It's going well so far, can't complain," Squires said after his swim. "The water was nice and warm on this cool morning; refreshing, you could say that."

The next series of events included a bayonet assault course and a run of unknown distance, as well as an urban operations course and a spot jump from a helicopter.

As with a majority of the teams, Wence and Squires failed to land in the designated circle during the spot jump event. Only one team succeeded in making the target. That was no surprise to Sgt. George Herrera, noncommissioned officer in charge of the event.

"It's very difficult, especially with the winds they've got right now. With the winds picking up at 1,500 feet, it's hard to hit a 35-meter target," Herrera said.

Following the jump was a "mystery event." Teams were shown enemy vehicles and were later asked to recall the vehicles after embarking on a series of physical and mental challenges. That night, competitors pushed through the rain on 21-mile night foot march. The rain that continued throughout the night wasn't too troubling for Squires and Wence, who took first in the several-hour march.

"Sweat, rain — same thing. Either way you're wet," Wence

Best Ranger Competition

The competition began in 1982 when the Ranger Training Dept. designed a "Ranger Olympics" to identify the best two-man team in the Army. Participants' ranks range from specialist to major.

said.

"Yeah, by the time it was raining we were already soaked," Squires added.

Day 2

By day two, the playing field had been cut in half. Eleven of the 23 teams were eliminated due to injury or failure to meet the time standard. One more team would later drop out due to injuries.

"The first day is basically all physical challenges and the culmination of it is a very challenging foot march and normally only half the teams make it," said Maj. Dean Weiler of Fort Benning's 4th Ranger Training Brigade. "So if you make it to the second day of the competition, you're something special. You're the best of the best. Where they guys that are coming here are all good, the ones that make it to the second day are exceptional."

Of the 11 teams left, Squires and Wence learned they were in third place.

"I thought (we'd be) fifth or sixth about now. Third was a bit of a surprise, based on the competition that's here, there's some really good teams ... It's definitely beyond our initial expectations," Squires said.

The first series of events, also known as Day Stakes, included a grenade assault course, tomahawk throw, first aid lane, weapons assembly, a surprise run-tunnel-shoot event and Prusik climb.

This was only the second time Squires had done the Prusik climb. But he climbed a 90-foot rope to a tower, where they shed their climbing gear, crossed to the opposite side of the tower and fast-rope down, landing on a mat

below in less than a minute and a half.

"I thought it went excellent. I've got a great coach," Squires said, pointing at Wence, "and a great other coach," he said pointing at LaBodie. "And those two kind of taught me ways to get up that rope."

The orienteering course that ran throughout the night and into the morning of Day 3 was a slight challenge for Squires.

"Last night, for about an hour, I had no balance whatsoever. I think I fell a dozen times. And that was challenging. We were both laughing about it because what could you do? I had no balance, I didn't know what happened. I should've put my finger in my belly button, maybe that would've helped," Squires said.

Day 3

It was an unseasonably cold start to the final morning of competition. Squires and Wence had fallen to fourth place after Day 2's events.

"The second day is a day where the time you spent prepping (pays off). It takes time to get good at all the things. We didn't have time. Coming into this (Day 2) we were hoping to finish around fifth place," Wence said.

The final day's events included the Darby Queen — a 20-station obstacle course nestled in a densely wooded hillside. After completing the Darby Queen, the two headed back to Victory Pond for a water confidence test and helocast. The helocast event involved jumping in the pond from a helicopter and swimming to the shore while pulling a poncho raft filled with equipment.

With just a short break between events, Squires and Wence, along with the other 10 teams, started their last event — a two-mile Buddy Run — around 3 p.m. They crossed the finish line second to finish fifth overall the competition, being nudged out of fourth place by just a few points.

"We barely lost to the fourth place team; it would've been nice to break the top five. But we're real pleased overall with how we finished," Squires said.



Left: Capt. Scott Wence crawls under barbed-wire at the Darby Queen event April 24.

Below: Capt. Michael Squires works his way up the Prusik climb during the Ranger Day Stakes events April 23.



Above: Capt. Scott Wence (left) and Capt. Michael Squires race to finish their Water Confidence Test April 24.

Right: Capt. Scott Wence launches a grenade during the grenade assault course April 23.

Photos by April Blackmon



The Ranger team from Fort Riley jumps into Victory Pond out of a helicopter with a poncho raft filled with their equipment during the helocast event April 24.



Fort Riley team wins 21-mile foot march

Cpts. Michael Squires (left) and Scott Wence of 1st Bn., 16th Inf., cross the final finish line of the Best Ranger Competition. The two won the first night's 21-mile foot march and finished fifth overall.
Post/Blackmon



By April Blackmon
Staff writer

The severe weather that teased the morning and delayed the Best Ranger Competition start returned that night to continue to harass competitors. Teams marched 21 miles through showers and darkness, carrying 65-pound rucksacks that gained weight as they absorbed the rain.

Competitors were already worn down from the first day's events, which began a little after sunrise. Each Soldier had tackled an obstacle course, bayonet assault course, spot jump and ran several miles before beginning the foot march.

That night, the competitive field was cut in half. Only 12 of the 23 teams that started returned for the next day's events. Half the eliminated teams dropped out because of medical reasons; the other half failed to meet the march's time standards.

Team 9 – 1st Battalion, 16th Infantry's Capt. Michael Squires and Capt. Scott Wence – battled through the rough weather and long distance to cross the finish line first. They did so in 4 hours and 48 minutes. That's roughly 13 minutes and 30 seconds a mile –

with 65-pounds on their backs.

"Impressive. Impressive to a greater degree if you consider they've been up since 5 in the morning," said Brig. Gen. Benjamin Freakley, commanding general of the U.S. Army Infantry Center at Fort Benning, Ga.

"I was a little surprised to hear how well they did. I mean, I knew they were going to do well, but that was good. It was good to hear," said Spc. William LaBadie of Headquarters and Headquarters Company, 1st Bn., 16th Inf. LaBadie was designated as the team's coach by Squires and Wence and accompanied them to the competition.

Squires and Wence said they were somewhat surprised by their performance as well.

"We didn't expect to do as well as we did, compared to the other teams, but it turned out well for us," Wence said.

"We knew about five miles out that we were in the front and we were shocked that we were that far ahead. And then it was just a matter of, 'ok, let's just keep a motorin'.' We kept thinking we were hearing footsteps – we weren't – so we put the pressure on," Squires said.

The team's strategy was to start off slow and push harder later in the march, Wence said.

"We started off slow; everybody took off too fast. So we ran our own race, basically," Wence said. "We didn't catch most teams until probably about the 12th mile. And we just started passing them like crazy. And before we knew it, we were in first."

The pair decided to continue their pace and keep the lead they had earned. At one point they were a half mile ahead of the next team.

"We were going to back off. A lot of smart teams didn't go so hard, they're saving their energy for land nav. because there are a lot more points involved. But we said ... hey, let's win this one. We probably went too fast for the most part, but that's alright," Wence said.

Winning the march had extra meaning for Wence. The foot march was named in honor of Capt. Russell Rippetoe, a 27-year old Ranger who was killed April 3, 2003 by a suicide bomb at a checkpoint in Northwest Iraq. Rippetoe and Wence were once assigned to the same company and had become friends.

"He was my fire support officer and I knew him well. He was a great guy," Wence said.

A bronze trophy of a lone combat boot sat in the Ranger Hall of Fame at Fort Benning. On one side, it bears the names of two-man teams that have won the road march each year since it was donated by American Family Insurance in 2000. On another side, inscribed in large gold type, is the name of Capt. Russell Rippetoe, along with a brief paragraph of the Ranger.

Squires and Wence were presented the trophy by Rippetoe's father, retired Lt. Col. Joe Rippetoe, at a barbeque following the Best Ranger Competition conclusion April 24.

Since the trophy was dedicated last year in memory of Rippetoe, the winning teams have had ties with the fallen Soldier.

"Last year, somebody that knew him won it and when we were deciding which way to go, should we relax, we were like, let's just win this one," Wence said. "It's nice to win it and still somebody that knew him win it now two times in a row since it's been started; somebody that knew him real well."

Schoomaker congratulates Best Ranger competitors

Bridgett Siler

Army News Service

FORT BENNING, Ga. – "I'm proud of you," Army Chief of Staff Gen. Peter J. Schoomaker told Soldiers who completed the 22nd annual Best Ranger Competition.

Schoomaker spoke at the Best Ranger awards ceremony April 25 at the Ranger Memorial. He presented the winners, Capt. Corbett McCallum and Sgt. 1st Class Gerald Nelson, the Order of Saint Maurice and Colt 45 pistols.

He lauded the teams who participated in the three-day, 60-hour Best Ranger Competition for their willingness to accept the chal-

lenge. Of the 23 teams that started the competition Friday morning, only 11 crossed the finish line Sunday afternoon.

Every year, Schoomaker said, the Best Ranger Competition gets better. "And this one was no different. It sounds like some pretty tough stuff."

"Now that so many of you finished, we ought to raise the bar just a little bit more," he said. The crowd laughed and the competitors groaned.

Schoomaker arrived at Fort Benning fresh from a reunion, of sorts, of Soldiers involved in the attempted rescue of American hostages in Iran 25 years ago.

"That was one of the lowest points in my life - failing to rescue

those 53 Americans," Schoomaker said. "It's a wonderful bookend to come here from there."

The United States has a history of entering conflict unprepared, he said. When Gen. Creighton Abrams created the Ranger battalions in the early 70s, his vision was for Rangers to set the standard for the Army. Today's Rangers are doing just that, Schoomaker said, and their warrior ethos is permeating the Army.

"We have a great Army and great Armed Forces today that is ready for this dangerous century we're headed into," Schoomaker said. "That's largely because of this (Ranger) standard. From where I sit, we're headed in the right direction."

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NCOs take part in Battle Staff Course

Four-week class highlights communication, force tracking during wartime situations

By James Tamez
19th PAD

Winning the war on terrorism requires coordination on multiple actions in multiple locations at multiple fronts. Soldiers at Fort Riley are being provided the necessary training to ensure victory.

Thirteen noncommissioned officers here have participated in the Battle Staff Course for four weeks. They are learning the importance of communication and tracking of forces in preparation for war fighting situations.

"Let us use the war in Iraq as an example," said Sgt. 1st Class Sonya Ashford, assistant battle staff instructor. "There are many pieces of the pie that play major roles in winning the War on Terrorism. Our senior NCOs need to know exactly what it takes from the planning phase to the fighting phase to get the mission accomplished. Without those pieces, we would be fighting a losing battle.

It is very important to understand what is going on, and this course helps get that information out there."

The battle staff instructors feel it is necessary for NCOs to take this course because of the important role staff NCOs play in the command structure.

"I don't think you can take a Soldier directly from a platoon sergeant role and throw him into an S3 or G3 position without having a broad knowledge of what his role will be," said Staff Sgt. Chris Stewart, Battle Staff Instructor. "This course helps them learn some of the tools they will need to be an effective staff member. They get an idea of what all the staff sections at the officer's level do and it gives them first hand experience."

Stewart said the main instruction for the course is transmitted via video teleconference from the United States Army Sergeants Major Academy at Fort Bliss,

Texas. Also, it is a multi-post training event. This cycle included Soldiers stationed from Fort Riley, Fort Polk, La.; Fort Sill, Okla.; Fort Hood, Texas and Fort Campbell, Ky.

Stewart said the course is very important because it prepares its students for the possible roles they will have to face in the battlefield.

"They learn to see the bigger picture as battle staff gurus," Stewart said. "They will be tracking friendly and enemy units so everyone, i.e. the battalion, brigade, or division commander, can see the big picture of what is going on so that plans can be made."

Ashford said the Battle Staff Course helps to provide these NCOs with a broader view of the battle zone than they may have experienced in the past.

"Many of the Soldiers in the course have not worked on a commander's staff," Ashford said.

"They were the ones in the trenches. Now they get a clearer picture of how the battles are fought. They go through the decision making process and plan from there."

The Battle Staff Course concluded with a massive command post exercise consisting of all five of the Army posts participating in the course: Fort Sill, Fort Hood and Fort Campbell were each headquarters of a task force, Fort Polk was the headquarters of a brigade combat team and Fort Riley was the headquarters of the division.

"[The Soldiers'] CPX exercise is a battle simulation," Stewart said. "They are using the skills they were taught during the Battle staff course. It is a simulated battlefield, where the Soldiers have to track the battle, plot where the

units are and track their movements," Stewart said the point of the CPX was not necessarily to win the battle, though it had been won in the past. The goal was to apply what they had learned.

"We studied graphics and overlays, plans, orders and annexes, military intelligence and wrapped up with combat service support," said Sgt. 1st Class Ellison, 977th Military Police Detachment. "Now, in the CPX we are applying what we have learned. We are serving as the division headquarters and it is our job to monitor the battle. We both receive and pass on information down to the brigade level."

Though it was only a simulated scenario, each NCO took their obligations seriously, realizing there actions, or inactions, would determine the outcome of the

many engagements plotted before them.

Stewart said there are two phases to the course. The first phase is a 10 day take home course and test that must be completed before beginning the second phase, which is a four week classroom lecture. The next class here will be at the Digital Training Center from June 28 to July 29.

Interested NCOs must be enrolled for the course at least one month before the start date. This is done by submitting an on post schools request from their unit schools NCO for submission to the NCOES managers. Some prerequisites for the course are: you must be an NCO in a 2S slot, with no temporary profiles and at least one year of retainability.

For more information, contact Stewart at 239-9038.



19th PAD/Tamez

Sgt. 1st Class Dean Stockert, HHC, 1st BCT, S-3 Operations NCO, calls in an air strike to specific grid coordinates during the CPX portion of the Battle Staff Course April 28. The strike was a success due to the accurate tracking of enemy forces.

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Fort Riley Community Life

Friday, May 6, 2005

America's Warfighting Center

Page 11

Community news briefly

Spouses' day scheduled

Army Community Service staff at the Soldier and Family Support Center will host a spouse appreciation day event from 6:30 to 8:30 p.m. May 6. The event is titled "Spouse's Night Out," and all spouses are being encouraged to take part in a fun-filled night of games, food and prizes. Each spouse also receives a special gift.

Military Spouse Day was first celebrated in 1984 when then-President Ronald Reagan proclaimed the observance to honor the contributions of military spouses. The military now sets aside the Friday before Mother's Day each year to pay tribute to the spouses who play a vital role in the nation's defense.

For more information, call Lisa Mathews at 239-9435.

Hospital plans open house

The military community has been invited to attend Irwin Army Community Hospital's Open House May 9, in celebration of National Hospital Week. The theme for this year's celebration is "A Call to Caring."

National Hospital Week began in 1921 to alleviate public fears about hospitals of that day. Since that time, its purpose has expanded and it is now celebrated in healthcare facilities across the nation.

Irwin Army Community Hospital recognizes health care workers, volunteers and health professionals who have answered "A Call to Caring," contributing significantly to the improvement of healthcare for our Fort Riley community. IACH's National Hospital Week Activities include:

May 9 — Open House with exhibits and tours of available services

May 11 — Mini Health Fair at the Post Exchange, highlighting preventive medicine, nutrition and more

May 14 — Physical therapy staff, in coordination with the Fort Riley Sports Office, will conduct foot-type assessments and gait analysis and offer running shoe recommendations at Fort Riley's Outdoor Recreation Center.

For more information, call Jan Clark at 239-7250.

Riley's to host retro dance

Remember the 70s? Well, put your bell-bottoms on and make sure your hair is ironed straight. Prefer the 80s? Then slide into your Calvin's and leg warmers and make sure you have big hair. Riley's Conference Center is hosting a Retro Flashback Dance from 8 p.m. to 1 a.m. May 20. Cost is \$5. Hors d'oeuvres will be served and a cash bar will be open throughout the event. The dance is open to everyone 18 and older. For more information, call Riley's Conference Center at 784-1000.

Spouses plan 'Fun' brunch

Members of the Officers' and Civilians' Spouses' Club will celebrate the beginning of summer May 19, with the club's last function until its Welcome Tea in August. The "Fun in the Sun" brunch is planned for 9:30 a.m. at Riley's Conference Center. It will feature a breakfast buffet. Cost is \$8 per person. RSVP to Janelle Allen at www.fortrileyovsc.com no later than noon May 11.

Volunteers recognized for service

Caprest Rhone gets a hug from his mother, Deborah Rhone, after being named Fort Riley's Teen Volunteer of the Year May 2.

Post/Blackmon



By April Blackmon
Staff writer

Volunteers helped save Fort Riley nearly \$2 million in labor expenses last year. That estimate, according to officials, came from the efforts of more than 2,000 who donated their time and service to the community.

Four teens and 32 adults were recognized for their efforts at the annual volunteer

recognition ceremony May 2 at Riley's Conference Center.

"All of you make a powerful difference... Thank you for what you do," said Maj. Gen. Dennis Hardy, commanding general, 24th Infantry Division (Mechanized) and Fort Riley, at the ceremony.

The 36 volunteers were chosen as volunteer of the year for their respective organizations and were nominated for overall volunteer of the

year honors. Those honors were awarded to Alma Gutierrez and Caprest Rhone.

Gutierrez was chosen as both the 3rd Brigade, 75th Division's and the Historical and Archaeological Society's volunteer of the year. She was also named Fort Riley's volunteer of the year.

"I am shocked. It was very unexpected" she said. "And I thank everyone who voted for me."

Gutierrez said she doesn't volunteer for the awards or recognition, but rather the need for volunteers.

"I know there is a call out to help a lot of units that have deployed overseas. I'm lucky that my husband's unit is still here but they do go TDY on missions that support the war in Iraq and Afghanistan. And since I'm unemployed at the

See *Volunteers*, Page 13

Family fun



Post/Baker

Pixie the Clown mingles with the crowd and makes balloon animals for the children at Rally Point April 29.

Parents, children participate in Rally Point event

By Jay Baker
Public Affairs Intern

Dozens of eager children pass through the doors of Rally Point every Friday between 5 p.m. and 8 p.m., but on the last Friday in April the party was a little different.

The Fort Riley Family Advocacy Program joined the fun at Rally Point and sponsored Family Fun Night, the weekend ritual of eating pizza, drinking soda, watching movies and dancing for children and teenagers.

The Family Advocacy Program added several of their program's messages by handing out small books and pamphlets regarding family issues along with door prizes.

"Sponsoring Family Night is a good way to reach our audience. This event also celebrates the Month of the Military Child," said Carolyn Lee-Tolliver, Family Advocacy Program.

She said they didn't want to ask people to come into the office and get some information on parenting or preventing child abuse, because no one would come.

This way children and parents got useful information and they had a lot of fun too.

The Junction High Dance Team joined in the event. They painted the faces of any child who asked with flowers and other designs. The Bratz Gymnastic Team, a group of young children aged 4-13, presented a program of tumblers and cartwheels. The group practiced their routine for an hour and a half every week before the performance, said Stacy Erickson, who video recorded her daughter Kali and the rest of the gymnastic team's performance.

Families that had never been to Family Fun Night and others that attend every week said they like having a place to take their children to celebrate the weekend.

"We are here every Friday night for the movies and the dancing. The kids like it. It's a great place for parents to come and sit back and watch their children socialize with other children," said Michelle Corkrean.

Eight-year-old Allison Corkrean said, "I like to dance the electric slide and the cha-cha slide when I come here."

"It's a good atmosphere for the kids and that's good for my child and good for me. He gets to mingle with other races and people from other environments and

that's what he needs," said John Rowe. There isn't a lot for parents to do alone on post. You can't take a two-year-old golfing, he said.



Post/Baker

Members of the Fort Riley Youth Dance Team take to the dance floor at the jam-packed Family Fun Night.

AAFES dividend benefits MWR programs

By Judd Anstey
HQ AAFES Public Affairs

DALLAS — The Army and Air Force Exchange Service has announced that it is returning \$242.3 million to the services' Morale, Welfare and Recreation programs.

For 2004, this dividend represents an average per capita dividend of \$277 for every Soldier and

Airman, a 5 percent increase over last year. In 2003, AAFES paid a per capita dividend of \$264.

"AAFES' mission is to provide goods and services at competitively low prices and generate earnings to support MWR programs," said AAFES Commander Brig. Gen. Treasurer Steel. "These contributions to the U.S. Armed Forces and their families make AAFES a major non-pay benefit to customers."

The value AAFES offers the military community extends far beyond its ability to provide quality merchandise and consumer services. With the help of AAFES dividends, MWR, CFSC and Air Force Services have completed hundreds of community enhancement projects at Army and Air Force installations around the world. AAFES supports the mission of the services' MWR to improve the troops' quality of life

and the well being of the overall military community. AAFES will continue to focus its efforts on providing value by offering low-cost shopping options and delivering an annual dividend.

"Every time troops shop at the exchange, they provide support to MWR programs, facilities and non-appropriated fund construction projects such as bowling and youth centers, golf courses and outdoor recreation," Steele said.

Historically, roughly 67 percent of AAFES earnings are paid to MWR programs. In the past 10 years, more than \$2 billion has been contributed by AAFES to the Army and Air Force to spend on quality of life improvements for Soldiers, Airmen and their families, including libraries, sports programs, swimming pools, youth activities, tickets and tour services, hobby shops, music programs, outdoor facilities and unit functions.

You can find the Fort Riley Post online at www.riley.army.mil





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Post/Blackmon

Alma Gutierrez received several gifts, including a basket of goodies and keys to a vehicle for one month, after being named Fort Riley's Volunteer of the Year May 2.

Volunteer

continued from page 11

moment because I want to support him ... I figured it's a good time to volunteer and give back to the community for everything that they've given me throughout the past 20-something years in the Army.

Rhone, the Teen Center's volunteer of the year, was chosen as overall teen volunteer of the year.

"I like to help other people and see a smile on their faces," he said. "When I used to go to the Teen Center, I used to see staff members working to make our Teen Center better, so we should be helping them too. I just try to help them," Rhone said.

Both Rhone and Gutierrez said they recommend people to volunteer.

"There are so many organizations throughout Fort Riley that are looking for volunteers ... they all have fun activities for you to

come out and join them and just participate," Gutierrez said. "Please come out and volunteer at Fort Riley. You've got the best kept secret in the Army here, you might as well take advantage of it. Volunteer, volunteer, volunteer."

Post mayors

Delissa Fowler
Crystal Cavalier
Patti Walker
Misty Graser
Melissa Strozier
Siaci Belt
Lindsay Mills
Denna Colson
Jennifer Sutter
Harriett Leggette
Beatrice Bacon
Loni Coy
Kathryn Alvarez

Volunteer of the year nominees

The following volunteers were nominated by various post organizations for volunteer of the year.

Rita Lang - HHC, 24th ID & USAG
Debbie Tinsley - Law Enforcement Command, 924th MP Bn
Miriam Hather - 1st BCT
Kathryn Shannon - 1st Bn., 5th FA
Sher French - 1st Bn., 16th Inf.
Tina Martinek - 1st Bn., 34th Armor
Donna Johnson - 2nd Bn., 34th Armor
Evelyn Scott - 1st Eng. Bn.
Kim Wagenblast - 101st FSB
Tamara Pape - 3rd BCT
Christina Humphreys - 1st Bn., 41st Inf.
Crystal Cavalier - 1st Bn., 13th Armor
Tobi Hamilton - 2nd Bn., 70th Armor
Patti Wells - 4th Bn., 1st FA
Shannon Secules - 70th Eng. Bn.
Heidi Morrow - 125th FSB
Shannon Wardle - 937th Eng. Grp.
Beth Youngblood - 541st Maint.
Patricia Lemons - 568th Eng.
Alma Gutierrez - 3rd Bde., 75th Div.
Tania O'Hara - 2-291st Regt.
Michel Hokanson - APTB
Clarence Thompson - ARC
Howard Pastran - CYS
Sherri Miller - ESC
Pam Rolan - Fort Riley Elementary
Mary Bonneau - Garrison/Operation Santa Claus
Angela Speranza - Ft. Riley Girl Scouts
Alma Gutierrez - HASFR
Carla Nwoga - Installation Chaplain's Office
Chrissy Przybyla - OCSC
Kathy Belcher - Thrift shop

Youth nominees

Mitchell Culbertson - ARC
Caprest Rhone - CYS
John Buczkowski - HASFR
Kristen Lang - HHC, 24th ID & USAG



P40/Coverdale

Winning artist

Laura Tautkus, 6, kindergarten student at Fort Riley Elementary School, shows off her prize winning artwork to her father, Capt. Stephen Tautkus, commander, Battery A, 2nd Battalion, 289th Field Artillery. Laura's art won first prize in the Front Cover Artist Contest sponsored by Mother and Child Reunion magazine. She received four movie tickets and a bouquet of balloons. Also, her Mother's Day artwork will appear in the magazine.

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MANHATTAN SHOE REPAIR
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Community news briefly

Story hour features animals

Children's storytime continue in May on Saturdays at 1:30 p.m., at the post library. Ducks and geese are the May animals of the month, featured on the display rack by the circulation desk. The featured author/illustrators are Doreen Cronin and Audrey, Don and Douglas Woods.

May 7 — "Make Way For Ducklings," by Robert McCloskey," is the classic story of the mother duck and her eight fluffy ducklings that make their home in a Boston city park.

May 14 — "Giggle, Giggle, Quack" by Doreen Cronin, is the tale of what happens when the farm animals trick Farmer Bob into following their orders. It's pizza with anchovies for the hens, bubble baths for the pigs and movies for the cows.

May 21 — In "Duck for President" also by Doreen Cronin, the Farmer's Duck hits the campaign trail, but soon discovers that elected office isn't all it's "quacked" up to be.

May 28 — "Howard," by James Stevenson, tells the story of Howard the Duck and his adventures in the New York City with his new friends.

The Fort Riley Post Library is open 11 a.m. to 6 p.m. Tuesday through Saturday and noon to 5 p.m. on Sundays. The Library is located in Building 5306 on Custer Hill.

Center teaches home-alone kids

School Age Services is offering "Home Alone" training to children 10 and older. The training focuses on skills children need to remain safe if they are home alone.

Classes are scheduled from 11 a.m. to 1 p.m. and from 5:30 to 7:30 p.m. May 13, June 16 and July 14 in Building 6620. The May dates coincide with days students are out of school in Geary County Unified School District 475.

Cost for the class is free to children enrolled with Child Youth Services and \$10 for children not enrolled. Parents may attend. For more information, call 239-5077 or 239-9478.

Waiting spouses schedule event

The Waiting Spouses' Group has teamed with the Spouses of Deployed Soldiers Group to provide a spouse activity day every fourth Monday of the month. The next scheduled meeting is May 23. Activities are scheduled from noon to 3 p.m. at the Soldier and Family Support Center, Building 7264.

The Waiting Spouses' Group is designed to support spouses whose Soldiers are serving an unaccompanied tour. Separations for these spouses may be stressful because they and their families are left behind without the support network and regular contact that a unit of Family Readiness Group would otherwise provide.

For more information about joining the group or participating in its activities, call Lisa Mathews at 239-9435 or send her e-mail at lisa.m.mathews@riley.army.mil.

Craft center classes posted

May 8 - 1-4:30 p.m., scrap-booking get-together

May 9 - 7 p.m., crochet, knitting & cross stitch

May 9 - 6:30-8:30 p.m., ceramic painting - leaf dish glazing

May 10 - 6:30-8:30 p.m., intro to matting & framing

May 10 - 6:30-8:30 p.m., wood class - picnic tables

For more information, call the Arts and Crafts Center at 239-9205.

Teen Center plans activity

May 7 - 1 to 5 p.m. - Teen Center Open House
For more information, call

the Teen Center at 239-9222.

Riley's to host Mom's lunch

Riley's Conference Center will host a Mother's Day lunch from 11 a.m. to 1:30 p.m. May 8. The menu will include roast pork tenderloin, seasoned fried potatoes with gravy, seasoned carrots, hot cherry cobbler, house salad, hot rolls and tea, coffee and water.

The price for adults 12 and older is \$13.95 per person. Children 4 to 12 eat for \$10.50. Residents are recommended.

For more information or to make a reservation, call Riley's Conference Center at 784-1000.

BOSS sets activities

May 21 - Go shopping in Kansas City with Better Opportunities for Single Soldiers. Board a bus at 8 a.m. at ITR and travel in style to the Plaza. Enjoy everything from specialty shops to gourmet restaurants. Cost is free. Sign up at ITR. Space is limited, so reservations are on a first come, first served basis. The trip is open to anyone who loves to shop.

June 3-5 - Colorado white-water rafting trip. Spend two days rafting and camping in Colorado. The \$120 trip fee includes campsite, tent rental, rafting, food and transportation to and from Colorado. Bring your own sleeping gear. Sign up by May 23 at ITR.

June 16-19 - Universal Studios trip. For \$250, the trip includes airfare, three nights in a hotel, airport transfers and transportation and admission to Universal Studios. The price is subject to change after May 23.

For more information, contact the BOSS president at 239-8147 or call Information, Ticketing and Registration at 239-5614 to sign up.

Auto center offers classes

The Auto Skills Center offers free basic and advanced automotive repair classes. The basic class is offered from 6 to 7 p.m., the third Thursday of each month. The advanced class is offered from 6 to 7 p.m. every second and fourth Thursday of each month.

For more information, call 239-9764.

Rally Point offers entertainment

Rally Point is offering Family Night May 6, from 5 to 8 p.m. The night's activities will include a family friendly movie, music and buffet.

For more information, call 784-5434

Scouts seek volunteers

The Girl Scouts are looking for volunteers who can devote at least two hours each week for two months this summer on post.

No Girl Scout experience is needed. The Scouts are looking for high school students and adults.

To volunteer or for more information, call (800) 432-0286, extension 44, and ask for Nina Keeler, member services manager.

Moms get some time off

The Armed Services YMCA, 111 E. 16th St. in Junction City, offers moms some time each week to take a break from their children.

Cost is \$7 for the first child older than 2 and \$6.25 for each additional child over age 2. Children under age 2 cost \$7.75 for the first child and \$7 for each additional child under age 2.

A snack lunch and snack must be provided for each child. For more information, call 238-2972 or send e-mail to asymca@nqks.com.

By Austin Meek
Staff Writer

Bargain hunters hit the streets of Fort Riley April 30 to take advantage of the post-wide yard sales. Despite chilly temperatures, many were out as early as 6 a.m. in search of a good deal.

Kresta Sunderman, who hosted a yard sale at her residence, said she endured the cold to accommodate the early morning rush.

"We've been here since 6 a.m.," she said. "I think that really helped us. It was freezing this morning, though."

The yard sales gave Fort Riley residents the opportunity to pass along things they no longer need. For most, this meant baby clothes, toys, books and household appliances. For Robert and Penny Gordon, who recently moved to Fort Riley from Hawaii, it meant selling their collection of flippers and wetsuits. According to Penny, many of the items were gone by mid-morning.

"We've done really well," she said. "If we could just get rid of the rest of the flippers, we'd be

doing good."

A few industrious residents raised funds by offering food and drinks to the throngs of shoppers. Shelley Martin sold barbecued hot dogs and sodas to benefit the Battery B, 4th Battalion, 1st Field Artillery, with which her husband is currently deployed. Martin's neighbor, Beka Zerbst, volunteered to help with the fundraiser.

"Both our husbands are deployed, so we help each other out," Zerbst said. "We have good traffic here, so we thought we might as well earn some money for the battery."

Ashley Locklear and Emily Regan also capitalized on the big crowds by selling hot cocoa, lemonade and soccer magnets. Proceeds from the magnet sales benefit Locklear's and Regan's soccer team. Locklear plans to use the money from the cocoa and lemonade to attend Girl Scout camp.

"Girl Scout camp was \$200, so she thought selling lemonade would be a good way to pay for it," said Tina Locklear, Ashley's mother. "She's done very well."



Post/Meek
Ashley Locklear (left) and Emily Regan sell lemonade, cocoa and soccer magnets during the post-wide yard sale April 30.

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Black Only
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THE MARTIN AGENCY
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Fort Riley Sports & Recreation

Friday, May 6, 2005

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Sports news in brief

Club sponsors golf scramble

The Fort Riley Officers' and Civilians' Spouses Club is sponsoring a nine-hole, one-club golf tournament May 15. Tee time is 4 p.m. Each team member must play with a different club. Form your own foursome or sign up individually by designating which club you prefer to use - wood, 5-iron, wedge or putter. The tournament is open to everyone. Entry fee \$20 per player, which includes green fees and golf cart rental.

Entry deadline is May 13. For information, contact Debbi Elliott at 717-2155 or at debchip@charter.net.

Scion Slam tourney slated

Fort Riley's Morale Welfare & Recreation, in association with Scion, Gatorade and XM satellite, will be hosting the Scion Slam at Rally Point. This 3-on-3 Basketball tournament starts off with a party from 8 to 10 p.m. May 13. Enjoy free food and giveaways while you dance the night away. The tournament gets underway on May 14 at 8 a.m. The first place team will win \$1,000. Second place receives \$300 and the third place team will get \$100. The tournament is open to authorized MWR patrons. Register online at www.scion.com/scionslam or stop by King Field House. For more information, call 239-3733.

Scuba class available

The Outdoor Recreation Center is offering a two-day scuba diving class. People who successfully complete the course and pass the test will receive their Open Water certification.

Classes will be May 14-15 at the Junction City YMCA. The \$250 class registration fee includes instruction, books and pool time. Mask, fins and snorkel are not included. Sign up by May 11. For more information or to sign up for the class, call the Outdoor Recreation Center at 239-2363.

Bowling alley offers specials

The Custer Hill Bowling Center offers all types of dollar special every Wednesday until Aug. 31. Call the Custer Hill Bowling Center at 239-4366 for more information.

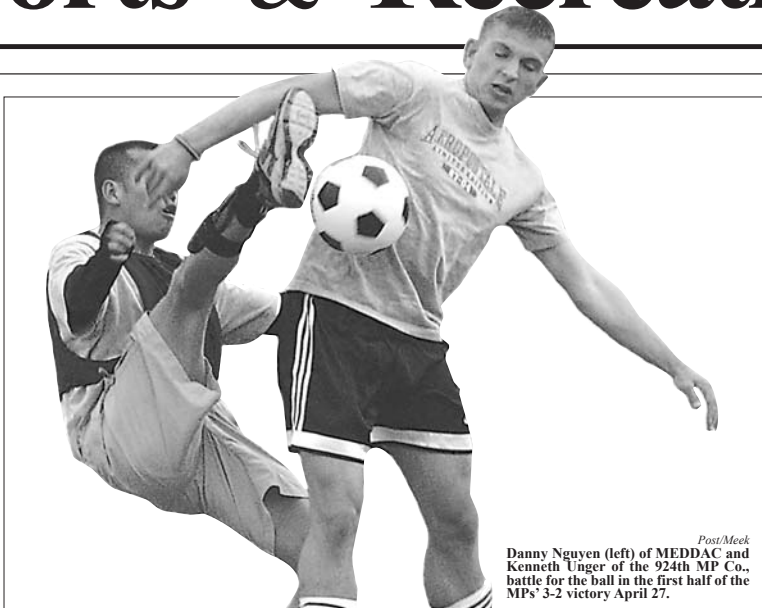
Lousy bowlers' league offered

The Custer Hill Bowling Center is offering a nine-week bowling league designed for lousy bowlers. Bowl every Wednesday evening from June 15 through Aug. 10 with time to five of your fellow amateurs for only \$80 per person. For more information, call the Custer Hill Bowling Center at 239-4366.

'Friday the 13' scramble set

Fort Riley's Garrison Spring Scramble is scheduled for May 13 - a Friday. The four-person scramble begins with a shotgun start at noon and includes lunch, prizes, carts and green fees.

Individuals and teams can sign up by calling Tom Pettegrew at 239-2544 or the golf proshop at 784-6000.



Post/Meek
Danny Nguyen (left) of MEDDAC and Kenneth Unger of the 924th MP Co., battle for the ball in the first half of the MPs' 3-2 victory April 27.

Ball battle

Late goal gives MPs win over MEDDAC

By Austin Meek
Staff Writer

Edward Johnson's late goal broke a 2-2 tie and propelled the 924th Military Police Battalion to a 3-2 victory over Medical Department Activity in battalion-level soccer action on April 27.

After the first 25 minutes, it seemed improbable that MEDDAC would be within striking distance at the end of the game. The MPs responded by moving the ball quickly downfield. Jerry Thomas fired home a goal.

10 minutes into the game to put the MPs on top 1-0. Minutes later, Johnson slipped the ball past MEDDAC's goalie for a 2-0 lead. The MPs had another open shot late in the half, but the ball struck the goalpost and bounced away. The missed shot gave MEDDAC the momentum going into half-

time and opened the door for a comeback.

After looking out of sync for 25 minutes, MEDDAC's offense began to click in the second half. MEDDAC mounted several attacks deep into MP territory and finally scored on a header from Francisco Bernal. Bernal injured his shoulder on the play but fought through the pain to score another goal for MEDDAC. Bernal's second goal came on a penalty kick and tied the score at 2-2.

After seeing their 2-0 lead evaporate, the MPs responded by moving the ball quickly downfield. After one shot attempt sailed wide of the goal, the MP's regained possession and found Johnson open for the game-winner.

"We knew we had to step it up a notch (after MEDDAC tied the game)," Johnson said. "We were getting a little unmotivated out there. We turned it up a notch and started making good passes. I got lucky on the last goal."



Post/Meek
Edward Johnson (left) of 924th MP Co. battles with a MEDDAC player for the ball.

Skate parks provide practice venue

By Austin Meek
Staff Writer

The word "park" usually brings to mind lush green grass, blooming flowers and Sunday afternoon picnics. Unless, of course, you're a skater, in which case the word "park" means ramps, quarter pipes and grinding rails.

Skate parks are specifically designed to give skateboarders and BMX bike riders a place to practice their tricks. There are several in the Fort Riley area, including parks in Chapman, Council Grove, Junction City and Manhattan. The skate park in Manhattan was built three years ago at the suggestion of parents and teenagers in the community, according to Frank Gibbs, park planner with Manhattan Parks and Recreation.

"There was a lot of citizen input," Gibbs said. "We had people approach the city commission and the park board with the idea of building a skate park. It was perceived by the city commission as a project worth proceeding on."

The skate park is located in Cicco Park and cost about \$100,000 to build, Gibbs said. The American Ramp Company of Joplin, Mo., built the park, which features quarter pipes, grind rails, ramps and a half-pyramid.

"Instead of being a full pyramid, the top is chopped off," Gibbs said. "There are three dif-



Post/Meek
Jake Herman hops onto a grind rail with his skateboard at the skate park in Manhattan.

ferent directions they can go onto another apparatus."

According to Gibbs, skaters in the Manhattan community have embraced the skate park.

"During good weather conditions, the kids are out there all the time," he said.

Jake Herman, a ninth-grader at Manhattan High School, took up skating soon after the park was built. Herman, who comes to the park regularly, said skating is one

of the ways he expresses himself. "It's just creative," he said. "There are no set rules."

Manhattan resident Barry Hughes is a BMX bike rider who has been riding at the skate park for about a year. The park is so popular, Hughes said, that the city should think about expanding it.

"Sometimes there are so many people here that you're basically taking turns," Hughes said. "You get 20 kids here and it's packed."

One of the most popular events at the skate park is the annual skateboard tournament, according to Adam Dolezal, recreation supervisor with Manhattan Parks and Rec. The tournament, which takes place on the Fourth of July, drew 25 skaters last year, Dolezal said.

Before the park was built, Dolezal said, Manhattan had a problem with skating in public, an activity that poses dangers to both skaters and pedestrians.

"You have a skater trying to perform a trick and he loses his board ... now not only is the skater hitting the sidewalk, but his board is flying through the air where it could hit someone," he said.

Since the park has been in existence, skaters have been very respectful of street skating ordinances, Dolezal said.

"You see skaters carrying their boards to the park to skate, or riding their bikes and carrying the board in their backpacks," he said.

Although skating in a park is safer than skating in public, there are still some associated safety risks.

According to Dolezal, those risks can be minimized by taking appropriate safety precautions, like wearing a helmet.

"The most important thing to remember is that you're skating at your own risk," he said.

Coalition forces compete

Soldiers battle in Ali Olympics

By David Foley

Army News Service

ALI AIR BASE, Iraq - As Coalition forces war together fighting the war on terror, fun usually takes a back seat to the missions at hand, but all that changed for a day April 18 in Talil, Iraq.

Servicemembers and civilian contractors from the United States, Romania, Britain and Italy took the day off work to compete in the Ali Olympics, testing their skills at soccer, basketball, dodge ball, tug-of-war, arm wrestling, table tennis, volleyball and a strong man competition. Several competitors then competed in a 26.2-mile marathon that coincided with the Boston marathon the next day.

The Ali Olympics were the brainchild of Capt. Rodney Freeman, Base Camp Adder Morale Welfare and Recreation officer-in-charge, and Air Force Capt. Sabrina Jones, 407th Expeditionary Service Squadron commander.

Freeman, a New England native, had plans to hold a marathon in Talil to coincide with the Boston Marathon, and Jones was planning a sports day for her Armenians. The two put their heads together and the Ali Olympics were born.

The Olympics were a good time for members of the Coalition to spend time together and learn about different cultures, Jones said. More than 200 people turned out for the Olympics, and more than twice that number ran the marathon, which was a complete success, Freeman said.

Jones said she organized the events based on the availability of on-hand resources, and tried to get as much diversity as possible.

The Romanians, who took first place in the soccer competition and placed second in tug-of-war, table tennis and volleyball competitions, turned out for the basketball with no intentions of winning, but want-

See Olympics, Page 16

Skateboard glossary

Air: riding with all four wheels off the ground, short for aerial

Backside: when a trick or turn is executed with the skater's back facing the ramp or obstacle

Grind: scraping one or both axes of the skateboard on curb, railing or other surface

Half pipe: a U-shaped ramp of any size, usually with a flat section in the middle

Ollie: a jump performed by tapping the tail of the board on the ground; the basis of most skating tricks

Quarter pipe: a ramp curved into a quarter circle with a landing at the top of the curve

Street skating: skating on streets, curbs, benches, handrails and other elements of urban and suburban landscapes

Vert skating: skating on ramps and other vertical structures specifically designed for skating

Source: www.mcmmedia.com





Jason Romal (right), U.S. Air Force, arm wrestles Christian Dinkle, Romanian Army, during the Ali Olympics. Romal took first place.
U.S. Army Photo/Foley



Olympics

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ed to be a part of all the events. "It is important to participate in all the games," said Staff Sgt. Alexander Mihai, a member of the Romanian basketball team. "We like to talk and make friends, and it is good to take a break from the missions."

Mihai said his team played basketball just for fun and exercise, but was serious in the soccer and volleyball competitions.

The U.S. troops also enjoyed the opportunity to spend some time with their Coalition comrades.

Sgt. John Dennis, a mechanic with the 206th Corps Support Battalion, 1st Corps Support Command, Fort Bragg, N.C., who was

on the U.S. Army basketball team, said he really enjoyed playing basketball against the Romanians.

"It's not every day you can say you played basketball against Romanians in the Olympics," he said.

Dennis and his team finished in first place. The Army also took first place in the dodge ball tournament and won all three medals in the strong man competition.

By the end of the day, many of the Soldiers, Airmen and civilians had met several people who they would normally pass by on their way to work or lunch, and the

Olympics led to many new friendships.

By Kevin Stuart
IACH

This exercise needs no gym; it is the prescription without medicine, the weight control without diet. Some have called it a tranquilizer without a pill, the therapy without a doctor, the fountain of youth that is no legend. Lastly, it's the vacation with no cost. Well, what is it?

If you said walking, you are absolutely right. By the way, since we are talking about walking...

Have you taken a walk lately? If so, how far did you go and how did you feel afterward? If not, what are you waiting for? Do you know some of the benefits of fitness walking? I was asked the same questions a few years ago, but ever since taking my first stroll it's been great a ride ever since. Walking is a great way to keep in shape and causes very few injuries. There are many benefits and advantages to fitness walking.

Some of us can swim like a fish, run like a wolf and hop like



Kevin Stuart

rabbits, but our anatomy says we were made to walk. Nothing, of course is a cure-all. But walking has a special place in the world of preventive health, because it is the most natural of all human physical activities. Walking can be done anytime, anywhere, different places and with different people (or try it alone). Your schedule will determine when you can accommodate walking.

However, here are a few suggestions on when to walk:

- Get up 30-60 minutes early to walk in the morning
- Walk at lunch
- Walk during breaks
- Walk after work
- Walk after dinner
- Walk before bedtime

Try integrating walking into your lifestyle. Make it part of your daily routine, like brushing your

teeth, making your bed or taking a shower. Please remember this important principle — regularity, because it's the cornerstone of a successful fitness walking program.

While walking anytime is good, all the benefits mentioned above will not begin to kick in unless you walk at least three times a week.

Walking five or six times a week is even better. However, do not despair if you miss a workout every now and then, just say, "It's a day off!"

Before beginning any new exercise program, it's a good idea to get a medical checkup. Please consult with medical personnel if you have not been physically active lately or suffer from any chronic health issues.

Take advantage of the beautiful weather in Kansas by getting out of your barracks or house and start walking for fun and fitness. This investment of 20-30 minutes (three to five times a week) will surely pay healthy dividends.

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Sports news in brief

'Fit Family Day' set at center

Camping, hiking and biking equipment demonstrations have been planned as part of Fit Family Day from 9:30 a.m. to 2:30 p.m. May 14 at the Outdoor Recreation Center.

Participants can have their gait analyzed and learn how to select the perfect exercise shoe. Friends and family can race each other in the two-mile fun run. Kids can play on the moonwalk, fly a kite or run the obstacle course.

Healthy drinks and snacks will be available and door prizes will be awarded.

For more information, call 239-2813.

Swim lessons scheduled

Swimming lessons will be given June 13, 14, 16, 17, 19, 20, 22 and 23 at Custer Hill Outdoor Pool. Sign-up begins May 30 at the pool. Cost is \$20 per child.

Class times will vary depending upon the child's age and swimming ability.

For more information, call 239-9441 or 239-2172.

Bowling camp planned

This summer, Custer Hill Bowling Center will offer three youth bowling camps. Each camp is two weeks long. The fee is \$100 per person. Camps will be held June 13-24, July 11-22 and August 4-12.

For more information, call 738-7104 or the Custer Hill Bowling Center at 239-4366.

Run winners qualify for team

The Fort Riley Prairie Run consists of three different races, a 10-mile, five-mile and two-mile race. Each race is open to the Fort Riley military community and the general public.

The race is scheduled for July 23. It will start and finish at King Field House.

The five- and 10-mile races will begin at 7 a.m. and the two-mile race will begin at 7:10 a.m.

Awards will be given to the top three finishers in each gender and age category for each race.

An overall first-place award will be given to the top male and female finisher of each race.

Any runner who enters before

July 13 pays a registration fee of \$10 and gets a T-shirt. After July 13, the registration fee is \$12 and there is no guarantee late entrants will receive a T-shirt.

The 10-mile race will be used to determine the members of an active duty team to represent Fort Riley at the Army 10-Miler in Washington, D.C.

For rules and more information, contact the Fort Riley Sports Office at 239-2172.

The registration form is available under the fitness link on the Fort Riley Web site, www.riley.army.mil.

Community walk scheduled

A community "Walk This Way" three-mile walk is scheduled for 9 a.m. May 7 as a way for participants to kick off spring physical activity and walk their way to fitness and mental well being while seeing the sights of Fort Riley.

Participants will receive a free "Support Our Troops" bracelet after the walk. Strollers are welcome.

The walk will begin at the locomotive at Wyman Park, corner of Huebner Road and Dickman Avenue, across from the shoppette.

For more information, call Jan Clark at 239-7250 or Command Sgt. Maj. Kevin Stuart at 239-7738.

Mom's special slated at center

Custer Hill Bowling Center offers something a little different for Mother's Day. The center invites families to take mom bowling on May 8. She will get to bowl free all day.

For more information, call the bowling center at 239-4366.

Sports, swim activities slated

May is fitness month and Fort Riley offers some free fitness events and classes.

May 6 - 7 to 10 p.m., Friday Family Fun Night, \$5 per family

Fridays - 7 to 10 p.m., open session roller skating, Riley Wheels Skating Rink at King Field House

Saturdays - 6 to 8 p.m. and 8 to 10 p.m., open session roller skating (\$1.25 stay-over fee for second session), Riley Wheels Skating Rink

Sundays - 2 to 4 p.m., family skate session, \$1 each, Riley Wheels Skating Rink

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Travel & Fun in Kansas

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America's Warfighting Center

Friday, May 6, 2005

Leisuretime ideas

At the movies: Alma:

The Barlow Theater doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under age 5 are free except during children's matinees or expected sell-outs.

May 6, 8 – Miss Congeniality 2: Armed and Fabulous (PG-13)
May 7, 12 – Guess Who (PG-13)

May 13, 15 – Sin City (R)
May 14, 19 – Beauty Shop (PG-13)

For more information, call 784-2226 or 784-2640

Manhattan:

What: "Pippin." Book by Roger O. Hirson; Music and Lyrics by Stephen Schwartz. An evening of wonderful musical theatre the whole family will enjoy.

When: 8 p.m. May 6-7 and 2 p.m. May 8

Where: Grosh Performance Hall, Manhattan Arts Center
Phone: (785) 537-4420
Admission: Varies

Emporia:

What: Cinco De Mayo. Celebrate Hispanic culture with the whole family. Enjoy carnival rides, arts/crafts, folkloric dancers, food vendors, and live music.

When: Noon to 9 p.m. May 7 and 8

Where: W. South Avenue, Las Casitas Park
Phone: (620) 344-5430
Admission: Free

Wamego:

What: "Joseph & the Amazing Technicolor Dreamcoat." A retelling of the Old Testament story of Jacob and his 12 sons. The story for this all-sung piece contains a good deal of humor, including just the right amount of camp, some lessons on forgiveness and maturity, and a sufficient level of drama.

When: May 6-8; Friday and Saturday buffet at 6 p.m. with performance at 7:30 p.m.; Sunday buffet at 12:30 p.m. with performance at 2 p.m.

Phone: (800) 899-1893
Cost: Adult buffet \$17.13 (tax included), show \$19.80 (tax included)

What: Native Stone Festival. SK walk/run followed by serving of Mulligan stew with old-time live music.

When: All day May 7
Where: City Park
Phone: (785) 765-3327
Admission: Free

Topeka:

What: Beyond Lewis and Clark: The Army Explores the West. This traveling exhibit, marks the 200th anniversary of the Lewis and Clark expedition and its impact on the West.

When: 9 a.m. to 5 p.m. Tuesday through Saturday; 1 to 5 p.m. Sunday, closed all state holidays, through Aug. 14

Where: 6425 SW Sixth Avenue, Kansas Museum of History

Phone: (785) 272-8681
Admission: Adult \$4, senior (60 and over) \$3, student (K-12, college students with ID) \$2; children 5 and under admitted free when accompanied by an adult

Salina:

What: Multi-ethnic festival with games, music, food, and family entertainment.

When: Noon to 5 p.m. May 7
Where: Oakdale Park
Phone: (785) 309-5745
Admission: Free

Cottonwood Falls:

What: Music at the Emma. Weekly acoustic jam sessions playing country, gospel, bluegrass, and rock and roll. Musicians and audience welcome.

When: 7:30 p.m. Fridays year-round

Where: 317 Broadway, Emma Chase Café

Phone: (620) 273-6020
Admission: Free

...
What: Prairie Drifter Sunset Tour. Open-air two-hour ride in 1958 grain truck through 20 miles of scenic Flint Hills back roads.

When: Friday and Saturday evenings through Oct. 31
Where: 215 Broadway, Grand Central Hotel
Phone: (620) 273-6763
Admission: \$15

High speed



File photo

Top wakeboard competitors will be in Wichita May 14 to show off their talents during the annual River Festival.

Wakeboarders to compete in Wichita

By Mike Heronemus
Editor

First there were surfers, then skateboarders, then snowboarders and now wakeboarders. Well, maybe the boarding craze didn't develop in just that chronological order, but it would seem so from a general popularity standpoint.

Top wakeboard competitors come to the 2005 Wichita River Festival May 14 to show off their best moves while being pulled by a high-speed motorboat on the Arkansas River between the Douglas and Lewis Street Bridges in downtown Wichita.

The 3 1/2-hour event begins at 5 p.m. with Andrew Adkison, the current world champion, among the top pros in the sport. Other competitors already entered include

If you go:

Take Interstate 70 west to Interstate 135.

Go south on I-135 to Douglas Avenue and go right at the end of the exit ramp.

The area along the river between the two bridges can accommodate close to 40,000 spectators on its sloping grass-covered banks. Admission is free with a Wichita River Festival admission button that costs \$3 per person.

The 34th annual River Festival runs from May 6 through May 14. The festival boasts 70 different attractions, including musical entertainment, a flea market, cultural and historical activities, plays, interactive children's events, a parade, a block party and traveling exhibits.

The 10K Bank of America River Run starts at 8:30 a.m. A 20-mile wheelchair competition begins at 10 a.m. with a two-mile run starting 10 minutes later. A "tot trot" begins at 11 a.m. to provide youngsters ages 2 to 6 with the thrill of victory. Every child who crosses the finish line is named a winner.

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